

CLINICALLY PROVEN: Improve Chest Compressions Through Step Stool Usage!

Adding extra height for your nurses performing CPR has shown to allow deeper compressions, making staff less reliant on upper-body strength and more effective at performing these life-saving techniques.



MD30-CASSR

- Back mounted
- Aluminum and steel construction
- Supports up to 500 lbs

Both stools provide nearly 9" of extra height

MD30-CASSB

- Underbelly mounted
- Lightweight molded plastic construction
- Supports up to 300 lbs



"We demonstrated that the use of a step stool during CPR in a bed results in improved rescuer satisfaction and increased chest compression depth."

The impact of a step stool on cardiopulmonary resuscitation: a cross-over mannequin study - *Edelson, Call, Yuen, and Vanden Hoek, 2012*

"Step stool use is associated with improved compression depth regardless of height. Increased provider height is associated with improved compression depth, with visual feedback attenuating the effects of height and step stool use."

The effect of step stool use and provider height on CPR quality during pediatric cardiac arrest: A simulation-based multicentre study - *Cheng, Lin, Nadkarni, Wan, Duff, Brown, Bhanji, Kessler, Tofil, Hecker and Hunt, 2017*

"Our study demonstrates that the quality of CPR improves significantly with the use of a step stool. However, without education on the benefits of using a step stool and demonstration of the proper technique, few adult healthcare providers will elect to do so. A brief, hands-on intervention teaching adult healthcare providers about the benefits of CPR with a step stool significantly increased its use and the quality of chest compressions."

"This study demonstrates that adult healthcare providers across multiple disciplines can quickly and easily be taught to use a step stool during CPR, and that doing so significantly improves the quality of CPR they provide. Given that early and high-quality CPR is the cornerstone of advanced cardiovascular life support (ACLS), this intervention has the potential to improve the mortality of in-hospital cardiac arrest."

The use of a step stool during chest compressions: Does it make a difference, and do clinicians choose to use it? - *LaFond, Clapper, Easthausen, Smith, Moulton, Rusiewski, Griffin and Rajwani, 2020*

"A stool like the one in your kitchen is not good enough: It has to be of the sturdy, industrial variety, Edelson told Reuters Health."

"The study was not large enough to set a hard-and-fast height cutoff for using a step stool, according to Edelson. But based on their results, the researchers write, it seems "reasonable" for rescuers who are about 5 feet, 6 inches or shorter to use a stool."

Step stool helps shorter rescuers do better CPR - *Amy Norton referencing Dr. Dana P. Edelson of the University of Chicago Medical Center, Chicago Tribune, 2021,*